



MAR 2021

Sangh Mail

Sanskār • Sewā • Sangathan

Sangh Mail is an internal organizational publication and for well-wishers to keep them informed on recent updates and news on a monthly basis. It is not for public distribution. Please continue to send in your news and views related to your shakhas / Swayamsevaks/ Sevikas/ for wider sharing and inspiration at sanghmail@hssuk.org

Regular practise for a
healthy mind and body

730,042

Total number of surya
namaskars

SURYA NAMASKAR YAGNA 2021

Hindu Swayamsevak Sangh (UK) held its annual Surya Namaskār Yagna (SNY) during the month of February. This annual event has become one of the highlights in the HSS (UK) calendar which many look forward to and get involved in.

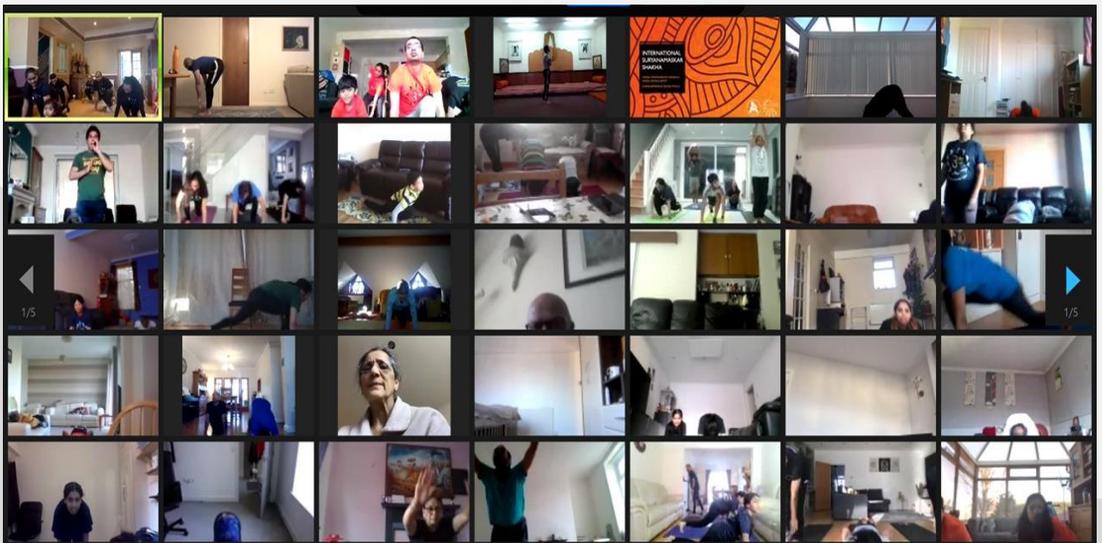
90
No. of shakha's
participating

2,080
No. of
participants

The purpose of SNY is to get as many individuals as possible to make Surya Namsakār a regular practice in order to develop and achieve a healthy body and mind. The number of Surya Namaskārs completed and the number of participants has been increasing year on year, which is fantastic to see.

Although we had three days less compared to last year, we still managed to achieve way more than expected. We completed over 730,000 Surya Namaskārs, by 2,080 participants and over 90 different shākhās took part! Many Vibhāgs and Shākhās also took the initiative to hold daily Surya Namaskār Shākhā for the month and it really brought everyone together having the feeling of unity.

Our Surya Namaskār finale on the last day was commemorated with an international Shākhā. Countries across our Vishwa Vibhāg including Russia, Germany, Kenya, Bhārat and even as far as Australia came together to participate in an energising and invigorating programme. There were 452 participants, Germany and Kenya took the lead with some of the sections and we also had chair yoga for anyone who wanted to try it out and the elderly.



SURYA NAMASKAR YAGNA 2021

452

Participants in
the finale

28

Days
duration

Over the summer months a few Swayamsevaks and Sevikās connected with others within our Vishwa Vibhāg to create a regular connection and establish good Sampark. It is through this project and connections made that our Sangh work can be developed and strengthened. Various international Shākhās were conducted as part of the Vishwa Sangh Yātra initiative and the Surya Namaskār finale was another opportunity for everyone to come together as one and celebrate an initiative which can help everyone spiritually, mentally and physically during these unprecedented times.

This is just the beginning and with regular practice of Surya Namaskār in our daily lives and routines, we can reap incredible benefits. Something that many Swayamsevaks and Sevikās have learnt throughout February, nationally and internationally. **SANGITA CHHABADIYA**

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SOUTH LONDON & SOUTH

125,156

NORTH EAST & SCOTLAND

105,908

WEST LONDON

99,311

NORTH WEST & N IRELAND

98,952

WEST MIDLANDS

87,665

EAST MIDLANDS

65,389

NORTH LONDON & HERTS

61,697

32,835 EAST LONDON & ESSEX

25,884 WEST ENGLAND & WALES

13,765 SOUTH MIDLANDS

13,480 OTHER

730,042

TOTAL NO. OF
SURYA NAMASKARS
REGISTERED

LOCKDOWN WELL-BEING

“The benefits of Yoga is now established in modern health and wellbeing circles and include improving physical strength, balance, flexibility, immunity and many more.”

READING NAGARS DAILY YOGA SESSIONS

With leisure centres & gyms closed many have been looking for alternative options for keeping healthy. Whilst jogging, socially distanced of course is an option the cold winter weather and early nights have been a deterrence for many.

For many, a lifesaver is the daily zoom yoga sessions from the comfort of their homes. The only requirement being loose clothing, water bottle to keep rehydrated and an optional mat. The benefits of Yoga is now established in modern health and wellbeing circles and include improving physical strength, balance, flexibility, immunity and many more. The breathing and meditation techniques are also known to boost people's mental health; removing stress, anxiety, depression and giving enthusiasm, joy, positive outlook and hence improve our well-being.

The two organisations which held regular sessions prior to the lockdown; Hindu Swayamsevak Sangh (HSS) UK & Pranyog Reading have been hosting zoom yoga for the community on daily basis at 6.30am as well as 6pm. The sessions consist of warmups, Yoga asanas (poses) surya namaskars (sun salutations), prayanams (breathing exercises) and meditation. These have been well attended by all age groups of varying ability's - from beginners to seasoned yoga practitioners.

Vikas Srivastha, one of the coordinator's of the group stated "topping the national challenge was the cherry on the top of the cake. The real benefit for us all is to see how our mental and physical well being has improved over the two lockdowns and that the sessions provide a positive channel for all of us to connect and build our relationships.

Jhanvi Mokashi, age 8, said it has been lots of fun. I have enjoyed competing with my brother to get the most Surya Namaskars (sun salutations) done in a day. It was lots of fun.

During the month of February, the group participated in the national Sun Salutations marathon with Reading community topping the challenge having completed over 47800 collectively. **RAMESH MEPA**



RUGBY SHAKHA SURYANAMASKAR YAGNA CHALLENGE

A great start to February for Rugby Shakha, with 40 participants taking part in the Surya Namaskar Yagna challenge. Rugby Shakha had **set a target to achieve 10,000 Surya Namaskars for the month**. A 'Real time' online form was created to keep account of how many Suryanamaskars everyone was doing. The over 50's were well in the lead leaving the under 50's behind, which turned into a friendly over 50's vs under 50's challenge. By the end of the month the under 50's woke up and raced ahead

A fantastic end to the month with Rugby Shakha achieving over 15,000 Surya Namaskars, well to be precise a total of 15,102. Whilst we'll be making Surya Namaskars part of our daily routine, we look forward to smashing this target next year! **DIPIKA MISTRY-NESBITT**, Rugby Samaj Samparak Pramukh



SALE e-BALGOKULUM



Sale Ganga e-Balagokulam held a Bauddhik on Musical instruments of India. Performers took us through the journey of musical instruments, starting from mythology all the way to the recent adaptation of western musical instrument into our Indian classical music. Ganga Balagokulam makes frequent use of Role-play in its Bauddhiks. A mother and son used Role-play to narrate the story of Jija Bai and Shivai. On Shahid Diwas, Kishors enacted Bhagat Singh, Rajguru and Sukhdev to narrate their story. **AMBIKA SONNI**

“ The rule of law is an important balance between the power of the state and the rights of individuals.”

MR. CHALK CHELTENHAM MP ON THE RULE OF LAW

On 21st March 2021, Cheltenham BG hosted Mr. Alex Chalk, Cheltenham MP, to participate in a *baudhik* on Rules/Law and Constitution. Mr Chalk was very warmly introduced to the Balagokulam family by one of the young member, Manas Atreya. Mr Chalk kindly referring that introduction as one of the best he has ever heard!

Mr Chalk discussed how rules & principles have shaped his own life in his formative years of development. This involved

- a. **Understanding that there are no shortcuts in life** – that is any success in life is from hard work and it just doesn't happen by itself
- b. **Being organised and disciplined** with routines
- c. **Making the best use of time** – knowing your own strength of body and mind.

A number of wide ranging and engaging questions for discussion were put forward by the young members including:

- Innocent until proven guilty
- The workings between judges and jury
- The difference between a Bill and an Act
- Dealing with difficult individuals – especially with social media
- Comparison of prison sentences & reoffenders in Scandinavian countries from that of England & Wales
- Leading by the rule of law, following international treaties, extradition treaties with some countries, and arrangements

Finally, vote of thanks by Aarika Sahdev to Mr Chalk, reflecting the interests and learnings from these *baudhik* sessions, inspiring and thought-provoking discussions. It was a privilege to have Mr Chalk and it was very kind of him to spare some time and effort to join this session.

BALA BHARATHAN



UK TELEGU HINDU ORGANISATION

WINNERS OF UK PARLIAMENT WEEK ACTIVITY OF THE YEAR [2021]

UKPW saw 8000 activities take place with over 1.2 million participants taking part across the country. Congratulations to UTHO on their award for UKPW activity of the Year!



UTHO our Vividh Kshetra organisation were awarded '2021 UK PARLIAMENT WEEK ACTIVITY OF THE YEAR AWARD' for teaching the UTHO community about democracy and people power in the UK in a fun, educational and engaging manner.

HIGH PRAISE! UK PW AWARD COMMENDATION TO DR. HARSHA JANI



"[I am] humbled to receive an Award from UK Parliament. This award is for all who work incredibly hard to organize UK Parliament Week activities in HSS [UK] Shakhas"

Dr. Harsha Jani is the HSS [UK] UK Parliament Week Lead

WHAT IS SHAREERIK? NOT JUST FUN AND GAMES

It is necessary for us to be strong, fit and healthy before we can undertake any meaningful work.

Care for our wellbeing requires more attention now than ever. Our lifestyles are increasingly sedentary and our dietary needs are often dictated by convenience. In this backdrop, the Shareerik taught in our Shakhas provides a framework for Swayamsevaks, Sevikas and our families to understand the powerful yet simple and proven tools such as Surya Namaskar and khel in looking after the health and wellbeing of ourselves and the society we serve.

Hindu Sangathan and Vishwa Shanti is what we are working towards. However, for us to achieve this, we must be able, we must have the strength, “the muscles of iron and nerves of steel.” We must have the right character. That character is made up of four aspects – physical, intellectual, mental and spiritual.

One of the goals of a Shakha is to develop that strong character capable of leading and inspiring, what we call Karyakarta Nirmaan. In Sangh, the character of a Swayamsevak and Sevika is developed through various Karyakrams (activities) within our Shakhas. These Karyakrams mainly revolve around Bauddhik and Shareerik.

Shareerik is not just about physical health, it focuses on the development of a healthy body, mind and spirit. All our Shareerik Vishays from Yog to Ni-Yuddha, from Vyayamyog to Dand and from exercise to khel, all aid in developing our body, mind and spirit.

Our Shareerik activities allow us to develop the very strength Swami Vivekananda speaks of. Shareerik forms a part of the whole and plays a vital role in developing us so we can work and serve tirelessly within our society to achieve our mission of Hindu Sangathan and vision of Vishwa Shanti.

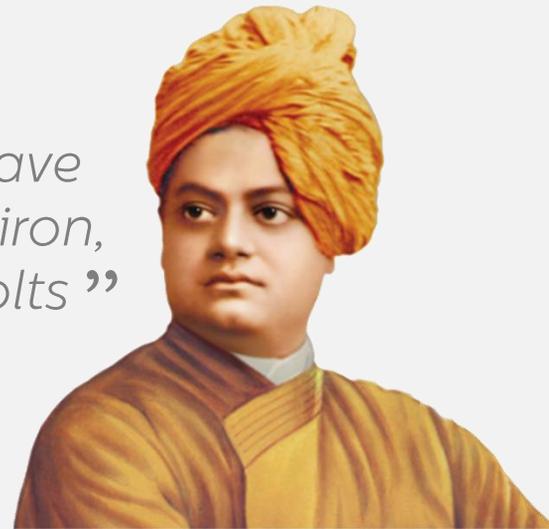
Take up a challenge. Take up Yog, martial arts, athletics, a sport or exercise of your choosing and immerse yourself in it. After a month of continuity, you will want to carry on, and if you do, the results will speak for themselves. Let’s ensure the karyakrams in our Shakhas references the above guidance and are planned and implemented accordingly.

|| शररीरममादद्यं खललु धर्मसमाधनमम् ||
|| śarīramādyam khalu dharmasādhanam ||

The body is the medium to fulfill Dharma - Manu Smriti

*“My countrymen should have
nerves of steel, muscles of iron,
and minds like thunderbolts”*

SWAMI VIVEKANANDA .



OUT FOR THE COUNT



Did you notice? In our Feb edition we depicted an eleven count version of Surya Namaskar, whereas we typically carry out a 10 count Suryanamaskar in our shakhas. For those eagle-eyed readers – thank you for highlighting and apologies for any confusion. Shareerik vibhag confirm we're still on the 10 counts! Question is which count is incorrectly shown? 😊

CONGRATULATIONS!



Congratulations to Poonam and Jiten Davdra [Saha karyawaha West Midlands vibhag] who became proud parents to a baby boy earlier this month!

WE CARE

Our work entails the use and participation across many forums, activities, and channels. If you incur any negative incidents, or are experiencing undue negative attention resulting from our work – please contact us at wecare@hssuk.org for help and support.

WE LOVE HEARING FROM YOU!

To help in publication here are few points when submitting news items:

- Provide a summary - try to keep articles down to 100 words or less, but if you can't, be sure to include a summary. That way we ensure we don't miss out on the best bits.
- A picture tells a thousand words - it also provides that 'I wish you were here' moment!
- A thousand pictures on the other hand.... We have tremendous fun looking at your snaps, but if you can share the ones you'd suggest to include [from a google share for example], then we'll make sure that we get your best side
- Tell us who you are - its an opportunity to get to know one another; so include your name, location and responsibility [where relevant]. If you don't object – we'd also like to include your email address so others can get in touch for more information.



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